

# Meditation in the 21st Century: Why Meditation Matters Even More

**FREE**

**WEDNESDAY,  
MARCH 25, 2020  
6:30–7:30 PM**

People have practiced meditation for centuries and it remains popular as new benefits continue to be discovered. Due to the stresses of modern life meditation is more important than ever. Learn a simple meditation technique that can help you in all aspects of your life.

David Newcomb is a long time meditator and has been speaking on the topic over 30 years. Join him for this powerful workshop.

## **Kensington Park Library**

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